

The Men's Fitness 1994 Article Index

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Adventure

Ice Pirate (ice climbing) Jan
Deep Thoughts on Cave Diving Feb
On Top of the World (heli-hiking) Apr
Death March '94

(desert endurance race) Dec

Alternative Medicine

Unconventional Healers Feb

Appearance and Grooming

Mouthwash Comes Clean Feb
Smile Bright (dental whiteners) Apr
Groomed, Naturally Jun
(organic products)

Shaving Grace Aug

Making the Cut (hair) Oct

Blown Away (bad breath) Nov

Basketball

On the Rebound (Chris Mullin) Apr

Bicycling (see also Mountain Biking)

The Car-Free Commute Apr

Hellions on Wheels

(bike messengers) Aug

Vermont on Two Wheels Sep

How to Fix a Bike Flat Sep

Book Reviews

Shelf Life Dec

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Boxed Into Shape Sep

Camping

Happy Campers Jun

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Cold Comfort Jan

How to Get Waterproof Apr

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How to Pack for a Weekend

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Men and the Cloth

(dressing for body type) Sep

Good Brief (underwear) Dec

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Street Smarts Aug

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Eating Disorders: Not for

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(sports-obsessed father) Apr

Homeward Bound

(living with parents) Apr

Brother in Arms (sibling rivalry) May

The Accidental Father Jun

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(kids and exercise) Sep

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Fishing

How to Catch a Fish Oct

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The Fitness Evolution (trends) May

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(burning more calories) Jul

How Sweat It Is Jul

How to Beat the Heat Jul

O the Pain! (becoming fit) Aug

On Microbes and Muscles

(gym hygiene) Aug

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Sunday, Tubby Sunday

(healthy snacks) Jan

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Radical Nutrition (antioxidants) Feb

On the Sauce (pasta sauces) Feb

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Fat Stats Mar

Is Your Food Killing You? Mar

Cheese Makes the Cut Apr

The Doable Feast

(a week's menu) Apr

Health Nuts Apr

Going With the Grain May

Fast Times (fasting) May

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(portable lunches) Jun

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How to Stock a Kitchen Nov

Gulp Fiction (food myths) Nov

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Treadsetters (treadmills) Jul

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Water Wonderland

(waterproof gear) Aug

Doing Time (sports watches) Sep

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(cross-country ski machines) Dec

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(medical software) Mar

Attack of the Alien Hand...and

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Extreme Steam (saunas, etc.) Mar

Cholesterol Control Apr

Pryin' Eyes (medical privacy) Apr

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Let's Get (a) Physical Jul

Thrashing Swimmer's Ear Jul

Are We Turning Into Women?

(environmental estrogens) Aug

Is RK the Rx for Your Eyes? Aug

Chest Builder (medicine cabinets) Sep

House Call (Q & A with

Dr. Dean Edell) Sep

The Health-Care Crisis

(insurance) Oct

Laughing Matters

(humor and health) Nov

When Diseases Don't Die

(antibiotic resistance) Nov

Health Follies of 1994 Dec

Humor

"Take Off Your Clothes, Mr.

Frank. Six Hundred Women

Are Waiting." Dec

Ice Hockey

The Iceman Traineth Jan

Injury Prevention/Treatment

The Blood-Red Morning

(hematuria) Jan

What Fresh Hell Is This?

(inflammation) Jan

Saving Face (facial protection) Feb

Post-Pain, Big Gain (recovery) Mar

Lasered Discs (back surgery) Apr

Fracture Fixers May

Toe Jams May

Code Blue (emergency care) Aug

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How to Be Your Own Medic	Aug	Rope Jumping		Chin Music (chin-up bars)	Oct
Incision Decision (arthroscopy)	Sep	Jump Back, Jack	Feb	The Winning Wedge	Dec
Fields of Screams		Running		Chest:	
(playing surfaces)	Oct	Running Today	May	A Chest to Treasure	Apr
Mega Hurts (pain relief)	Nov	Self-Defense		Push-up Power	Jun
In-Line Skating		Defend Yourself	Jul	Personal Trainer:	
Spill-Proof Skating	Jun	Sex		Get That Chest Out!	Nov
Kayaking		Sex Survival Guide	Feb	Glutes:	
Kayak Fever	Aug	Stage Fright (impotence)	Mar	Rear-End Alignment	Jul
Longevity		The Risky Business of "Safe" Sex	Apr	Legs:	
Born-Again Athletes	Jan	Food for Love (aphrodisiacs)	May	Thigh Master	May
Hot Flash! (male menopause)	Jul	Monogamy Chic	Jun	Calf-Way Measures	Aug
Paradise Lost (injury-imposed limitations)	Jul	Sperm und Drang (fertility)	Nov	Ham It Up	Sep
Age and Immunity	Oct	Down Time (inhibited desire)	Dec	Legwork	Nov
Return to the Wild		Shoes		Shoulders:	
(reliving youth)	Dec	Roamin' Sandals (sports sandals)	Apr	Personal Trainer:	
Marijuana		Stepping Out	Oct	Bolder Shoulders	Aug
The Straight Dope (medical uses)	Mar	(outdoor cross-trainers)		Techniques:	
Mental Health		Skiing		Three the Hard Way	
Pleasure Principles	Jan	I Wedge, Therefore I Ski	Nov	(triple-setting)	Feb
Downsizing Your Dreams	Feb	(downhill)	Nov	It Takes All Types	
All the Rage (anger)	Jun	Kick Into Glide (cross country)	Nov	(body-type training)	Mar
Guy Therapy	Jun	Kinder Wonderland	Nov	Extend Yourself (flexibility)	Apr
Fear Not	Jul	(family ski resorts)	Nov	Do It Right (form)	Jun
Guilt Traps	Sep	Skin		A Century of Progress	
Worried to Death	Sep	Facing the Elements (winter skin)	Jan	(hundreds)	Sep
Feel Good About Yourself	Oct	Scar Wars	Mar	Personal Trainer:	
Better Living Through Hedonism	Oct	Sunblock Surprise	Jun	The Power of Partial	Oct
Animal Magnetism		Sleep		Total-Body Workouts:	
(owning a pet)	Nov	Desire Under the Electrodes	Aug	Bigger and Better	
It's a Wonderful Strife	Dec	(sleep deprivation)	Aug	(year-long program)	Jan
(holiday sanity)		Sleepless in America		20-Minute Working Man's	
Money		Snowboarding		Workout	Mar
Money Matters (how to save)	Jun	It's Snow Wonder	Feb	Spring Training	Apr
Money in the Bank (10 best tips)	Aug	Sports Technique/Performance		Shape Up for Summer	May
Reality Bites (first home)	Oct	Learning to Crawl	Jan	Personal Trainer:	
How to Negotiate	Dec	(taking a sport slowly)	Mar	The Better-Half Home	
Motivation		A Visit With the Spin Doctor	May	Workout	Jul
Perfect Pitch ("Just Do It")	Jan	How to Increase Power	May	Travel	
Rutbusters	Mar	The Loser (on competitiveness)	Sep	Totally Aaahsome (St. John)	Jan
Are You Late for Life?		Eye Spy (eye-hand coordination)	Dec	Las Vegas, Naturally	Mar
(procrastination)	Apr	Success Stories		The Peaceful Sortie	
Orderly Conduct		Power Play	Mar	(Grenada rain forest)	Apr
(tips to get organized)	May	The Wedding Present	Apr	Pleasure Island (Catalina)	May
Beyond Excellence	Jul	The Big Gain	May	Innocents Abroad	
The Secrets of Success	Sep	Straightened Out	Jun	(family vacations)	Jul
Mountain Biking		Battling Average	Jul	Swamp Thing	
Cabin Cruiser (hut-to-hut biking)	Jun	Family Affair	Aug	(Florida Everglades)	Oct
The Outer Limits		The Heart of the Matter	Sep	Fly Right (flying tips)	Nov
(extreme biking)	Jul	Changing the Signals	Oct	Adventure Central (Costa Rica)	Dec
Nudism		Blinded by Delight	Nov	Video Reviews	
Naked Hunch	Aug	The High Life	Dec	Good Looks	Dec
Pool Workouts		Tennis		Walking	
Water Works	Dec	Tennis to Menace	Sep	Stride Right	Aug
Prostate		Training		Weight Control	
The Prostate: an Owner's		Abdominals:		Livin' Large	Feb
Manual	Jul	Midsection Makeover	Feb	I Ate a 10 Percent Fat Diet...	
Relationships		Personal Trainer:	Sep	and Survived	Mar
Body Talk (body language)	Jul	Those Blasted Abs		Adam's Curse (marriage	
Of Human Bonding		Arms:		and weight gain)	May
(male friendships)	Aug	Triceps Tweakers	Mar	Lipid in the Gut	Aug
In the Heat of the Fight	Sep	A Call to Arms	Aug	Beating the Spread	Dec
Special Report: Is Someone		Big, Bad Biceps	Oct	Work	
You Know a Batterer?	Oct	Squeeze Play (forearms)	Nov	Fit for Hire (corporate fitness)	Jan
Celebrate the Living	Nov	Personal Trainer:	Dec	Breaking Away (taking vacations)	Jul
Roller Hockey		Armed for Action	Dec	Goodfellas (being nice on the job)	Sep
The Fastest Game on Asphalt	Mar	Back:		The Electronic Employment	
		Back With a Future	Jun	Agency (online job hunting)	Nov